

By KOMAL CHOPRA



COOKBOOK

HOMEMADE RECIPES

EAT RIGHT, LIVE RIGHT.

HEALTHY INDIAN BITES

Eat Right, Live Right.

Komal Chopra
(CreativeCommonsMashup)





HEALTHY INDIAN BITES
Eat Right, Live Right.

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CONTENTS

[Title Page](#)

[HEALTHY INDIAN BITES](#)

[Introduction](#)

[Contact US](#)

[Baingan Bharta](#)

[Bhindi Fry](#)

[Boiled Vegetable curry](#)

[Chocolate Banana Pancake](#)

[Chocolate Banana Ice-cream](#)

[Vegetable Peanut Salad](#)

[Fruit Salad](#)

[Less oily Indian Chickpea Rice](#)

[High Nutrition Porridge](#)

[Katori Chat](#)

[Lotus Seed Poha](#)

[Lotus Seed Bhel](#)

[Matar Aloo](#)

[Methi Aloo](#)

[Missi Roti](#)

[Mix Vegetable Curry](#)

[Moong Dal Soup](#)

[Healthy Oats Khichdi](#)

[Paneer Bhurji](#)

[Peanut Jaggery Laddu](#)

[Sarson ka saag](#)

[Sarson Chutney](#)

[Soya Chunks Recipe](#)

[Spinach Soup](#)

[Steamed Cauliflower](#)

[Stuffed Capsicum](#)

[Thank You.](#)

INTRODUCTION

GOD has given the most precious gift to us- **HEALTH**. And it is important, we CARE about it. Nowadays, life is full of Tension, Stress and Anxiety. And in this Hustle- Bustle, we forget to care about ourselves. Consequence of that is, we become Mentally-Physically disabled dependents, suffering due to health issues. Thus, fail to live life to the fullest. This is our voluntary effort, to share our cooking experience, making best use of technological advancements. Also, we have gathered some room on social media, to share our culinary art with you all on **HealthyIndianBites**.

In HealthyIndianBites, we cook and promote healthy, nutritious, palatable food recipes. We consider food eating habits of Indian families and present regular vegetarian diet food meals-Rice, Vegetables, Fruits, Legumes and Whole grains. Cooked food recipe, on low heat cooking methods-Steaming, Boiling, Sauté, Grill and Baking, in home environment kitchen. Shared recipes are less oily and less spicy diet food recipes, we cook and eat regularly. It helped us lose 10-15 kgs, gradually, following a Sedentary lifestyle.

In HealthyIndianBites, we promote a diet that is a good source of Vitamins, Minerals, Proteins, Dietary fiber. Also, a diet that induces prebiotic and probiotic bacteria that helps improve digestion. Finally, a diet that improves metabolism, cholesterol, blood sugar level and reduces body weight. Hopefully, our honest effort helps

people **EAT RIGHT LIVE RIGHT**, maintain the right lifestyle and avoid health issues-Obesity Cholesterol, Cancer, Diabetes etc.

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CONTACT US

Web-Site URL: HealthyIndianBites

We also share 1 minute video reels. Our latest Social Media Accounts

Instagram ID: www.instagram.com/healthy.indian.bites

Facebook & Youtube ID: [Kchopra Healthyindianbites](https://www.facebook.com/KchopraHealthyindianbites)

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~HealthyIndianBites.

BAINGAN BHARTA

Diet Recipes, Food Blog.



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Baingan Bharta or Eggplant-wider and bigger shape brinjal, is an authentic Indian cuisine, part of culinary traditions of India, cooked with little variations all over India. It is simple recipe and tastes delicious. Recipe is really dined in love for food lovers. Served with paratha (Indian bread) or roti makes it taste mouth watery. It is served as a main course curry in celebrations, parties or eaten as a regular meal-lunch, dinner. It takes 20-25 min to cook recipe.

In [**HealthyIndianBites**](#) food blogs, we try to cook and promote healthy nutritious food recipes. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [**Social Media**](#).

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Indian Food Disadvantages.

1. Curries cooked adding lot of oil are less nutritious.
2. Adding spices to an oil make it hard to digest, can cause bloating and inflammation in body.
3. Roasting it on medium to high flame for longer periods burns nutrients in foods.
4. It is really not advisable to add red-chilli powder out of limits. This may be a reason to cause heart disease.
5. Re-useing and reheating of oils is one of the bigger reasons to cause cancerous cells in a body.
6. Frying or deep frying of veggies to retain its texture or to taste Savoury lowers nutrients in foods.
7. Storage of curries for longer periods in freeze. And using them can cause gas. Induce bad bacteria and make gut health suffer.
8. Finally, blanching and cleaning is most important step-in cooking.

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How To Cook Indian Eggplant.

Cooking Ingredients:

- 2-3 Eggplant of bigger and wider size.
- 1 teaspoon cooking oil.
- 1 teaspoon Sesame seeds.
- 1 teaspoon crushed whole Pepper.
- 1 teaspoon Salt to taste.
- 2-3 green chili.
- 2-3 Tomatoes medium sized and juicy.
- 1 teaspoon whole cumin.
- 1 whole Garlic.
- 1 teaspoon Carrom seeds.
- 1 teaspoon Coriander powder.
- 1 teaspoon Kashmiri laal Mirch. (Adds color)
- Some strands of fresh Green Coriander leaves.
- May add boiled green peas to a recipe as well. (This is optional).

Cooking Style of India:

1. On a gas stove tandoor, heat 2-3 Eggplant on medium to high flame, till its skin is ready to peel off.
2. Heat 2-3 Tomatoes and smash it to form puree.
3. 1 whole Garlic, heat and peel off skin, chop it into smaller pieces.
4. Heat 2-3 green chili. Do not burn. Just keep it warm.
5. Add 1 teaspoon cooking oil to a pan.
6. Add 1 teaspoon cumin and heat it on low flame.
7. Also add 1 teaspoon salt to it as well.



8. Add Eggplant mash, Tomato puree, finely chopped Garlic and green chili to it. Mix well.
9. Mix crushed black pepper, coriander powder and red-chili powder.
10. Roast 2-3 minutes on low flame.
11. Decorate it with fresh coriander.
12. Serve 2-3 people with roti or chapati.

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Easy Cooking Tips For Beginners

- Heat Eggplant on gas stove Tandoor, brings better flavor to Eggplant. By this, upper crust of Eggplant is only burnt and can be peeled with hands.

- Burning upper layer if eggplant is important, as it removes bitter taste and harmful bacteria from foods.
- Heating it directly on Gas stove, may burn inner layer of foods. Also, destroys nutrition value of foods.
- Direct heat on Gas stove, adds black carcinogens to eggplant pulp. That is not easy to extract. And eating it is not good as well.
- We prefer blending Eggplant with Tomato puree. And avoid adding onions to it. By this it avoids digestion issues.
- Also, blending Eggplant with tomatoes keep food recipe simple and enhances flavor of Eggplant added in it.
- Adding sesame to recipe helps promote weight loss.

Avoid adding lot of oils to a recipe. Dipping it in red-chili powder can cause inflammation and make Spices become more dominant. It also spoils taste of eggplant. Avoid roasting Eggplant a lot more in a pan. Just sauté it mild to retain its nutritional value.

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Why You Should Be Eating Baingan Bhartha??



1. It has low [*glycemic index*](#) so doesn't surge blood sugar levels.
2. Dietary Fiber reduces the risk of heart disease.
3. It contains antioxidant that protects cells from damage. Also, avoid the risk of cancer.
4. Further, it is low in sodium and contain good number of vitamins and minerals that help regulate hormones and generate new cells in a body.
5. It is high in fiber, raises metabolism, helps promoting digestion and loses weight.

In HealthyIndianBites, we love cooking based on "Eat Right, Live Right." concepts and sharing it with people.

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BHINDI FRY

Diet Recipes, Food Blog.



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Bhindi Fry food recipe is easy sauté shallow fry food recipe. It is Stir Fried Okra filled in chickpea/ gram flour. It is authentic Indian food recipe cooked in north-western region. Beauty of okra lies in its independence. It is good to cook it in mustard oil. Mustard oil combination with chickpea and Okra adds flavor to foods. Also, it adds nourishment necessary for health and growth. It is home cooked authentic food recipe. It takes 20-25 min to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Okra/Bhindi fry stands out good, when cooked alone and not mixed. It blends very well with food combination of chickpea/gram flour or mixed with onions, tomatoes chopped or dipped in gravy. It is low calorie food recipe, cooked in less oil and necessary food to eat. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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Best Bhindi Masala Recipe

Cooking Ingredients:

- 250 gm chopped and [*blanched*](#) Okra or Bhindi.
- Add 1-2 teaspoon cooking oil in a pan.
- Add 1 teaspoon Salt to it.
- Add 1 teaspoon Sesame also.
- 1 teaspoon Mustard seeds too.
- 1 teaspoon Carrom seeds to it
- 1 teaspoon whole Cumin to it.
- 1 teaspoon Coriander powder as well.
- 3-4 Tomatoes.
- 1 whole Garlic.
- 3-4 teaspoon Peanut powder.
- Add 3-4 chickpea/gram flour to it as well.
- 2-3 chopped green chili.

Sauteed Cooking Method:

1. Add 1 spoons of cooking oil in pan. Cook on low flame.
2. Add 1 teaspoon Salt, Coriander, Sesame, Carrom seeds and Cumin to it.
3. Dry Roast 3-4 green chili, 3-4 tomatoes and 1 whole garlic on tawa for 1 minute. (Do not burn it).
4. Chop it in a piece. Add to blender and mix well to form paste.
5. Add tomato paste to a pan and mix well.
6. Also add 2-3 spoons peanut powder.
7. And 3-4 spoons chickpea powder to puree.
8. Cook on low flame. Add little water to form paste.
9. Cut bhindi (Okra) in long pieces. Fill it with paste.
10. Add 1 spoon cooking oil to a pan.
11. Add mustard seeds to it as well.
12. Add okra to it. Fry it on low flame for few seconds.

13. Add 1 spoon water. Apply lid. Form steam. Fry on low flame.
Repeat this step 2-3 times.

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Health Facts Of Bhindi With Chickpea.

1. Like other vegetables, adding Okra to diet is good source of Nutrition. Helps in skin care, fighting cancer, lowering cholesterol and good fighting disease.
2. Blending it with chickpea and Peanut powder boosts its nutritional value.
3. Loaded with Vitamins and Minerals, recipe helps lose weight and maintain healthy diet.

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Easy Cooking Tips For Beginners

- Buy soft and tender compared to overripe Okra.
- Remove ends of Okra.
- Do not over fry or over cook it. Such that, it becomes sticky.
- Try cooking it in mustard oil instead of other cooking oil.
- Cook on low flame.
- Avoid adding red-chili powder to recipe.
- Adding sesame to recipe helps promote weight loss.

Sauteed Vegetables India.

Sauté cooking technique, cooking is done on low heat, heating oil in a pan. Many Indian food recipes cooked on this technique.

1. It is highly recommended to use good cooking oil.
2. Cook on low flame.
3. Do not overcook spices or add many spices. That is very harmful and can cause inflammation.
4. Over frying of vegetables on higher flame cut down nutrition.
5. Best practice is to use good quality heating pan.

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BOILED VEGETABLE CURRY

Diet Recipes, Food Blog.



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Boiled Vegetable Curry recipe is highly nutritious and healthy to eat. It takes 20-25 min to cook recipe. Recipe is cooked on low heat, less oil making right use of Indian spices. It is preferable choice of all family members. Helps maintain healthy lifestyle. Can be eaten on regular basis for health benefits. We have tried to balance taste and health benefits cooking this recipe, such that it becomes part of every kitchen. Hopefully, our viewers like the recipe.

In [HealthyIndianBites](#) food blog, we try to cook and promote healthy nutritious diet food recipes. Hopefully, our viewers like it. We look forward for your comments & suggestion. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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Best Cooking Pan??

A good quality Aluminum/Steel Pan is a good choice to buy. Also, in India till date people prefer buying iron pan or brass pan for their cooking as well. But downside of - Aluminum, Steel, Iron or Brass pan is, sticking of foods or adding lot of oil to a recipe, cooking it. Good Quality Non-Stick pans are good choice to buy. Many of well-known companies like Prestige, Hawkins, Milton etc. sell it online. Good quality set of pans can be bought online in the range of RS 1000-5000. Further, it can be bought online through e-commerce websites like [Amazon](#), [Flipkart](#), [Indiamart](#) etc.



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5 Benefits Of Eating Vegetables Everyday

There are endless [benefits of eating vegetables](#) on regular basis. Just tried to summarize few listed below.

1. Vegetables are low in calorie, contain vitamins and minerals that helps skin remain [hydrated](#) and glowing.
2. It helps in digestion of foods. Raises [metabolism](#) and helps create new [hormones](#) in body.
3. Cleanses blood [lowers blood pressure](#), [blood sugar level](#) with [low glycemic index](#), good for heart and functioning of brain.

4. Basic requirement to have [immune system](#) function properly.
5. Right proportion and quantity required to be taken on daily basis to maintain healthy lifestyle and avoid [health issues](#) like cancer, diabetes, cholesterol etc.

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Best Cooking Method For Vegetables

Cooking Ingredients:

- 100-150 gm coarsely chopped cabbage.
- 1 whole carrot coarsely chopped.
- 1-2 green chili chopped.
- 3 tomatoes whole.
- 2 small potatoes whole
- 50-100 gm green peas.
- 2 tea-spoon Salt.
- 1 tea-spoon coriander powder.
- 1 teaspoon whole pepper crushed.
- 1 teaspoon turmeric powder.
- 1 teaspoon cumin powder.
- 1 teaspoon white sesame Dry Fruit.
- 1 teaspoon carrom seeds.
- 1/2 teaspoon poppy seeds.
- 1-2 spoons cooking oil/ mustard oil.
- Fresh coriander few strands.
- 4-6 strands of Garlic.

Cooking Vegetables with nutrition:

1. Add 1 spoon salt to boiling water. Add coarsely chopped carrot, cabbage and 2-3 whole tomatoes and green peas for 7-8 min.
2. After vegetables feel tender and soft on touch, drain water and softly wash vegetables with regular water.
3. Boil or Microwave 2 small potatoes for 7-8 min separately.
4. Chop vegetables to smaller pieces.
5. Add 1-2 spoon oil to pan on lowest flame.
6. Mix 1 spoon salt, coriander, cumin, turmeric, poppy seeds, carrom seeds, sesame, chopped green chilli and garlic to pan.
7. Add chopped vegetables to pan and mix well for couple of minutes.

8. Add boiled potatoes with skin to pool. Potatoes can be substituted with 1 spoon soya flour or corn flour. (potatoes contain starch that helps to suck water released by vegetables).
9. Add crushed black pepper and roast for 1-2 min on medium flame.
10. Decorate it with chopped fresh coriander.
11. Serve hot to 2-3 people with Roti, chapati.

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Best Way To Cook Vegetables To Keep Nutrients.



Boil and blanch coarsely chopped vegetables. By this, water and nutrients in vegetables retains and do not mix in boiling water. It is good practice to blanch and boil vegetables at lowest heat on stovetop. Add 1 spoon salt, vinegar and little oil to water. Low heat retains nutrients in vegetables. Salt, vinegar and oil kills harmful bacteria. Maintain temperature from low to medium heat cooking food in steamer. Avoid chopping and refrigerate vegetables for long. Avoid adding red-chili powder or garam masala to recipe. Adding sesame to recipe helps promote weight loss. Do not cook vegetables for long or on higher flame. Add just 1-2 spoon oil to recipe. Over adding of cooking oil and frying/sauté may burn nutrients and add extra unwanted calories to diet.

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CHOCOLATE BANANA PANCAKE

Diet Recipes, Food Blog.



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Chocolate Banana Pancake is not only sweet tooth food recipe, but it is a full meal with number of health benefits and is a wholesome diet. It is eggless recipe for Vegetarian lovers. It contains potassium rich bananas and chocolate that boosts brain power, helps producing feel good hormones. Also, crunchy peanuts contain good level of magnesium, that helps balancing hormones in a body. It takes 20-25 min to cook recipe.

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How To Make Pancakes Indian Style.

Cooking Ingredients:

- 2 fully ripped Bananas, smash it.
- 1.5 teaspoon [WeikField](#) Chocolate powder. Mix well.
- 1 cup Rice flour.
- 1/2 cup crushed Peanut.
- 1 teaspoon Fennel seeds.
- 1 teaspoon Sesame seeds.
- 1/4th teaspoon Ghee.
- 1 cup crushed Jaggery.
- 1/4th teaspoon Salt.
- 1 cup whole milk.

Cooking Method:

1. In 1 cup rice flour.
2. Mix chocolate powder.
3. Add crushed peanuts to that as well.
4. Smash 2 fully ripped bananas to it.
5. Add 1/4th teaspoon ghee and roast fennel and sesame to it. Add to a pool.
6. Mix 1 cup finely crushed jaggery.
7. Also, add 1/2 teaspoon salt to it as well.
8. Add 1 cup milk and mix well thoroughly.
9. Freeze for 20 minutes in a freeze.
10. Mix well. No lumps present. Jaggery melt thoroughly.
11. Heat pan. Pour chocolate banana mix on it.
12. Let it cook on lowest flame for 1-2 minutes.
13. Flip on other side and cook on medium flame for 1-2 minutes.
14. Chocolate patches form on pancake with brown color of pancake.
15. Wrap pancake and serve with milk shake/ smoothie.



Cook on medium flame
to make crispy

* * *

Health Benefits Eating Chocolate Banana Pancake:

1. Banana is easily affordable fruit that has number of health benefits. It has good amount of fiber and antioxidants that is good for digestive health.
2. Contains potassium, Vitamin B6 and Vitamin C content that is good for heart health and lowers blood pressure.
3. [Peanuts](#) contain good amount of magnesium that helps balancing hormones. And aids weight loss and enhance brain function.
4. Peanuts are rich in protein, fat and fiber content. Helps maintaining cholesterol and sugar level in a body.
5. Chocolate reduces cortisol levels in a body and produces happy hormones. Improves brain function, awareness and stronger memory.

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CHOCOLATE BANANA ICE- CREAM

Diet Recipes, Food Blog.



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Chocolate Banana Ice-cream is sweet Savoury recipe, for chocolate lovers. Love eating it, as a celebration or after meal sweet without any fear of gaining weight or high calorie food intake. Every bite is a taste of chocolate with creamy texture of banana. Mouthful of dry fruits with jaggery. All natural food ingredients added to a recipe. It contains no Maida, milk powder or thickening agent. It is easy to cook and powerhouse of nutrient. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, now eat and lose weight. Enjoy your favorite, yummy food recipe that can be cooked fast, nutritious to eat and promote weight loss. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on *Social Media*.

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Simple Healthy Ice-Cream Recipes.

Cooking Ingredients:

- 2-3 over ripped Bananas.
- 1.5 teaspoon [Weikfield Chocolate powder](#).
- 1 cup whole milk.
- 1/3rd cup Raisins.
- 1/3rd cup Almonds.

- 1/3rd cup Walnuts.
- 1 teaspoon fennel seeds.
- 1 teaspoon sesame seeds.
- 1/4th teaspoon Ghee.
- 1 teaspoon chia seeds soaked in water.
- 1/2 cup Jaggery.

Homemade Ice-cream Recipes:

1. Mix Raisins, Almonds and Walnut on Tawa or a Pan.
2. Wet it with 1/4th teaspoon Ghee.
3. Mix 1 teaspoon sesame seeds to it.
4. Also add 1 teaspoon fennel seeds.
5. Finely grind it in a mixer grinder.
6. Add 2-3 over ripped bananas to it. Give a churn.
7. Add 1 cup whole milk and churn it again.
8. On a low flame, melt pieces of jaggery.
9. Add 1.5 teaspoon chocolate powder to it.
10. Mix well. Let melted jaggery cool down a bit.
11. Mix it with banana milk and form a complete chocolate banana mix.
12. Freeze for 4-6 hours in a freezer.
13. Dress it up with Chia Seeds.
14. 4-6 servings ready to it and enjoy with love.

* * *

BuY Cocoa Chocolate Powder In India.

Chocolate powder tastes yummy added to sweet dishes along with its health benefits. Right intake and food combination it helps lowering stress levels and maintain hormones in a body.



In India, number of brands sell cocoa chocolate powder. It is recommended, not to buy open packets of it. It is important, to buy right brand of it. Just to name few- [Weikfield](#), [Cadbury](#), or [Hershey's](#) are some of the good chocolate powder brands available in market. They cost RS- 100 to RS-200 for 100gm Jar.

It can be bought from nearby grocery store, or it can be bought online from well-known e- commerce portals like [Amazon](#), [IndiaMart](#), [Bigbasket](#), [JioMart](#) or [Dmart](#) etc.

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Easy Cooking Tips For Beginners

- Easy Cooking Tips for BeginnersChia seeds contains Omega-6 fatty acids good for balancing cholesterol.
- Dry fruit content has polyunsaturated and monosaturated fats that is good for weight loss.
- Recipe contains banana that contains potassium. It helps lowering cholesterol levels.
- Jaggery is known as a heating agent that helps promote digestion.
- Jaggery mixed with milk gives add good amount calcium good for bone and teeth health.
- Milk is powerhouse of nutrition in all. And in this recipe, we blended natural form of it.
- Chocolate powder is good for balancing hormones as well as for brain health.
- Chia seeds are fibrous enough that lowers blood sugar level.
- Many more benefits eating this recipe. It is suggested to have 1-2 servings.

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VEGETABLE PEANUT SALAD

Diet Recipes, Food Blog.



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Vegetable Peanut Salad food recipe is easy to cook and nutritious to eat. Regular consumption of it brings real health benefits. It is very simple food recipe that can be eaten by all. Can cook and eat it: breakfast, lunch and dinner. It is a basic concept, cooked to meet needs and requirements of simple vegetarian diet. Diet Recipe can be mixed and matched with other foods to improve taste and make it a fitness meal. It costs very little to cook it, but health benefits of it is lot more. It takes 10-15 minutes to cook recipe.

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Health Benefits Of Eating Peanuts

1. It contains [polyunsaturated fats](#) and [Omega-6 fats](#). This helps to lower [LDL cholesterol](#). It proportions of it can help lose weight.
2. [Saturated fat](#) content keeps your skin healthy. Excess intake of it, bring up health risks. But right proportion of it is important.
3. Good amount of protein with vegetables keeps your muscle function properly as well.
4. Right proportion of it, keeps blood sugar level normal, good for heart health.
5. [Dietary fiber](#) content is also present in it. Good for Gut Health and digestion.

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Simple And Easy Veggie Salad Recipes.

Salad Recipe Ingredients:

- 250 gm chopped, [*blanched*](#) and boiled mix veggies-Carrot, Cabbage, Tomato, Potato.
- 1 teaspoon Fennel seeds.
- 1 teaspoon Sesame seeds.
- 1 teaspoon Ghee.
- 1 tablespoon Curd.
- 1 teaspoon Salt.

- 1 teaspoon crushed Pepper.
- 2-3 Tomatoes.
- 50 gm boiled green Peas.
- 50 gm roasted Peanuts.
- Some Chips or Munching for Taste (This is optional).

Salad Cooking Method:

1. Heat 1 teaspoon Sesame, 1 teaspoon Fennel seeds in 1 teaspoon Ghee on tawa or pan.
2. Heat Tomatoes, boiled green peas, Salt and Pepper on tawa as well. Add to mixer grinder.
3. Mix all to form fine paste.
4. Heat Peanuts and add to a mixer Jar. Grind well.
5. Add hand blended Curd with water to a mixer Jar. Mix well.
6. Give a fine churn in mixer to form binding on boiled Mix Veggies.Serve in a plate.

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Easy Cooking Tips For Beginners

- Roast all, on Tawa or Pan, at a low flame.
- Boil and Blanch Vegetables on a low flame, adding 1 teaspoon Vinegar or Cooking Oil.
- Food combination of Fennel seeds and Sesame seeds, in 1 spoon ghee, is very healthy combination. So do not avoid it. It helps regulate Hormonal Balance, helps generate new hormones.
- Roasting peanuts, adds flavor and kills Harmful Bacteria in foods. Adding Peanut to salad, adds munching along with health benefits. (Do not crush it to form a paste).

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Benefits Of Grinding In Mixer Grinder.

In grinding cooking technique, foods can be grinded fast and easy in less cooking time. Nutrition of foods is retained and is similar to hand grinding, with less efforts. It is a friend to chefs named as kitchenmate.



Which Mixer Grinder Is Best For Home USE??

Number of good quality mixer grinder available in market.
HealthyIndianBites prefer [Inalsa](#)

mixer grinder set. It is a onetime investment. But it is a complete standard [food processor](#). A good quality mixer-grinder food processor is available in the range of RS 5000 to RS 10,000 that can meet all kitchen needs. Help grind, mix, chop, blend all easy and efficiently.

Number of good qualities, standard food processor available in market. Just to name few: Inalsa food processor, [Prestige](#), [preethi](#), [USHA](#).

Can be shopped online along with buying it from nearby grocery store. It is good practice to buy it checking [ISI mark](#). Avoid buying 2nd hand products. Also, checkout reviews of local companies. At last, it is electric product, and it is no good idea to save some money to get in health risk. Further, it can be bought online through e-commerce websites in discounts and deals from [Amazon](#), [Flipkart](#), [Indiamart](#) etc.

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FRUIT SALAD

Diet Recipes, Food Blog.



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Fruit Salad food recipe-healthy, fibrous, good source of antioxidant and rich carbohydrate foods, makes it lovely dish for someone with sweet tongue. It takes 20-25 min to cook recipe. It tastes relish, after freezing for some time. It is a food combination of all available seasonal

fruits, blending oats in it, makes it super tasty, highly nutritious and healthy to eat, diet food recipe.

In [HealthyIndianBites](#) food blogs, we try to cook love in every piece of fruit, mixed with oats. Variety of fruits adds Color, Freshness, Fragrance and Juicy Taste to it. We have tried to make best use of healthy Cereal Oats, to make it taste delightful. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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Health Benefits Of Eating Fruit Salad.



1. Oats filled with [micronutrients](#), rich in fiber, antioxidants and vitamins provides loads of energy and healthy diet.
2. Helps losing weight, soothes skin, prevents [cholesterol](#), diabetics, improves digestion, and immunity.
3. Fruit Salad food recipe tastes sweet and contains fructose.

4. They are excellent source of vitamins and minerals and are high in fiber.

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Best Ever Fruit Salad Recipe Ever.

Cooking Ingredients:

- 250 gm Fruits - Banana, Guava and Apple mix.
- Mix 1 teaspoon of Fennel and Sesame.
- 3-4 Cloves and 1 spoon Cinnamon Powder.
- 6-8 Almonds and 6-8 Raisins.
- 1/2 cup-soaked Oats.
- 1 small spoon Ghee.
- 1 smashed Banana.
- 1 cup Whole Milk.
- 30 gm Jaggery.

Cooking Instructions:

1. Mix Fennel, Sesame, Clove and Cinnamon in 1 spoon Ghee.
2. Add 6-8 Almonds and 6-8 Raisins to it.
3. Mix well. Add smashed Banana to a mixer grinder.
4. Add roasted mix with soaked oats to it. Grind it.
5. Add cup of whole milk and mix well.
6. Melt 30 gm jaggery in a pan. Add blended mix.
7. Mix chopped Guava, Banana and Apple with a blended mix.
8. Freeze in refrigerator for 20-30 minutes.

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Easy Cooking Tips For Beginners

- Fruits and Dry fruits are good sources of healthy Vitamins and Minerals. But maintaining portions of it is important. 2-3 tablespoon of a dish is sufficient, to add in a diet. (Diabetics are exceptions to it)

- Roasting [sesame](#) and [fennel](#) to 1 spoon ghee is beneficial. It adds fragrance along with health benefits.
- Also, it is good idea to decorate dish with [chia seeds](#) on it.
- [Oats](#) is powerhouse of energy. And blending it with fruits and Dry fruits add lot more health benefits to a recipe.
- Also, [Jaggery](#) added to it adds sweet taste along with good amount of nutritional value. No good idea to substitute Jaggery with Sugar Or omit it in a dish.
- It is important to wash fruits thoroughly with hands.
- Maintain peels of fruits as it adds taste and is healthy enough to be added in diet.
- Other fruits can also be added to a recipe. Try substitute it with pulpy fruits than juicy fruits.

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Where To BUY Fruits??

Fruits are good sources of Vitamins, Minerals and fiber content along with sweet taste of Fructose and Glucose content. All seasonal fruits have their own benefits and maintaining right portions of it in regular diet lowers cholesterol, improves face and hair health. It is always important to blend fruits with other healthy foods to improve its taste and nutritional value. Also, many companies sell fruit juices or supplements in market. But it is always good idea to buy it and eat it whole.

In India, fruits cost lot more and it is important we include it in healthy diet plan. It is no good idea to buy it loosely from hawkers or street sellers. Pesticides added to fruits to ripe it, is really bad. Also, it induces harmful bacteria in fruits that hurts health lot more. It can be bought online through e-commerce websites like [Amazon](#), [Flipkart](#), [Indiamart](#) to get better quality of it. Also, it can be bought through good stores.

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LESS OILY INDIAN CHICKPEA RICE

Diet Recipes, Food Blog.



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Garbanzo Beans Aka. Kabuli Chana food recipe belongs to [legumes](#) family, is part of various culinary traditions, around the world. This food Item is cooked by North Indian families, on day-to-day basis. Part of Punjabi Cuisine and eaten in celebrations as well. All because, it is highly [healthful](#) and delectable to eat. Among,

many of the well-known recipes cooked as part of Indian Cuisine- Chana Chawal or Garbanzo beans with Rice, is the best ones. It takes 20-25 min to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. We tried to cook Garbanzo Beans curry recipe, less oily. And cook with Indian spices to make them wonder meal. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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Less Oily Chana Masala Recipe.

Cooking Ingredients:

- 2 teaspoon cooking oil.
- 1 teaspoon Salt.
- 250 gm Garbanzo Beans.
- 2-3 Tomatoes.
- 1-2 Onions.
- 2-3 green chili.
- 4-6 finely chopped Garlic strands.
- 1/2 teaspoon crushed whole pepper.
- Pinch of red-chili powder.
- 1/2 teaspoon Coriander powder.
- 1/2 teaspoon Asafetida.

Cooking Preparation:

1. 1 Bay leaf.
2. 4-6 Clove.
3. 6-8 pieces of Black Cumin.
4. 1 star Anise.
5. 1 teaspoon Fennel seeds.
6. 1 teaspoon Sesame seeds.
7. 1 teaspoon Carrom seeds.
8. 1-piece black Cardamom.
9. 1 teaspoon Cumin.
10. 1 medium sized Cinnamon.

Homemade Garam Masala and Indian Gravy Recipe:

1. 250 gm Garbanzo Beans Soak 8-12 hours.
2. Boil them or pressure cook at low heat. (Do not add any baking soda).
3. In HealthyIndianBites, we cooked [Tata Samparan](#) Channa/ Garbanzo beans.

4. Tomato Puree Recipe. Heat on low flame 2-3 Tomatoes, 1-2 whole Onions with peel, small Garlic whole and 2-3 green Chili.
5. Cool it, unpeel and chop all to small pieces and grind them to make Tomato Puree.
6. In 1 spoon cooking oil. Heat garam masala ingredients. Add to mixer grinder with Tomato Puree. Mix well. To form puree.
7. Mix 20 gm boiled Garbanzo beans to Tomato puree. Mix in mixer grinder to form thick gravy.

Cooking Style:

1. Heat Pan on low flame. Mix gravy and water to it.
2. Let it cook on low flame for 5-7 minutes.
3. Add 1 teaspoon Salt to it.
4. Add boiled Garbanzo beans to it. Boil it for other 2-3 minutes.
5. Make Tadka. Add 1 teaspoon Ghee or Oil to a pan. Add pinch of Red-chili powder, Coriander powder, Raw Mango powder and Black pepper. Heat it.
6. Add to Garbanzo Beans. Mix well.
7. Serve hot to 2-3 people with Boiled Rice.

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Indian Spices And Health Benefits

1. Beauty of Indian spices is they add super taste to foods and has number of health benefits.
2. Indian spices like Turmeric, carrom seeds, clove, cinnamon, mustard seeds, black pepper etc. helps digestion are anti-inflammatory, improve blood circulation and reduce blood sugar level and many more [Health Benefits](#). (We will keep you informed about legumes health benefits in next posts.)
3. But they can cause, health issues as well. Dipping them in lot of oil/Ghee can spoil food nutrients. And could be the only reason to cause heart attack or heart diseases.
4. Also, over-roasting it or cooking them on high heat may spoil the flavor of foods and be the reason to cause cancer.
5. Also, adding sodium bicarbonate or cooking soda with it can cause long run health issues like arthritis or osteoporosis.
6. Consumption of red-chili should be limited or substituted, with green-chili or black pepper. This avoids, bile issues or digestion issues. Also, food bloating is avoided occurring due to inflammation.



Is Canned Food Bad For You??

Garbanzo beans are easily available in market as a canned product. It is very handy and easily available product to use in soups, salads, curries etc. But downside of it is, high sodium levels. To preserve, it many a times lot of sugar and salt added. Also, harmful chemicals, destroys food nutrition and effects health. Littering can cause environmental pollution. Also, not so cost effective.

It is not suggested to buy them open, as there is fair chance, that due to lack of food knowledge, end up buying cheap quality products.

Good practice is to buy them raw. Dip it in clean sufficient water for 8-12 hours, soften them and use them. In India, many good brands available, those can be bought from nearby grocery store or online through e-commerce websites like [Amazon](#), [Flipkart](#), [Indiamart](#)

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HIGH NUTRITION PORRIDGE

Diet Recipes, Food Blog.



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High Nutrition Porridge food recipe is full meal in a dish. It is steamed to enhance nutrition value of foods. It contains oats to blend extra nutrient into it. Along with that another edible food item peanut added to it to make it a complete meal. Indian spices add flavor and blends taste to it. In India, people cook different types of porridge

out of different legumes and food products. We tried cooking porridge out of oats. It takes 20-25 min to cook recipe.

In [HealthyIndianBites](#) food blogs, Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly. we try to cook and promote healthy nutritious food recipes. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on *Social Media*.

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High Nutrition Porridge Food Recipe

Cooking Ingredients:

- 1 teaspoon Ghee.
- 1 teaspoon Sesame seeds.
- 1 teaspoon Fennel seeds.
- 1 teaspoon Fenugreek seeds.
- 2 teaspoon gram flour.
- 20 gms Peanut.
- 1 teaspoon Salt.
- 1 teaspoon Pepper.
- 1 teaspoon Coriander powder.
- 1 teaspoon whole cumin.
- 1 cup Rice flour.
- 50 gm-soaked Oats.
- 1 chopped Tomato.
- 1 chopped onion.
- 1-2 green chilli.
- 3-4 spoons Curd.

Steaming Cooking Method:

1. Add 1 teaspoons ghee to a pan.
2. Add fenugreek, sesame, fennel seeds along with 2 teaspoon gram flour and peanuts. Roast for few minutes.
3. Grind it to make masala.
4. In one cup, rice flour add curd and mix well.
5. Also, add masala to it and mix well.
6. Along with that, mix salt, pepper and coriander.
7. Make balls and add to steamer. Let it cook on low flame for at least 15 minutes.
8. Add 1-2 spoons cooking oil. Mix onions, tomatoes and green chilli. Mix well.
9. Also add soaked oats to it as well.

10. Add steamed balls. Mix it thoroughly.
11. Add some [Balaji Namkeen](#) on it. Serve 4-5 people. (This step is optional. Can be replaced with any other munching.)

* * *

Easy Cooking Tips For Beginners

- Limit peanuts to not more than 20 gm. (As this adds high saturated fats to foods.)
- Add 1-2 glasses of water to steamer.
- Pre-heat steamer before starting to cook recipe.
- Maintain temperature from low to medium heat cooking food in steamer.
- Avoid adding red-chili powder to recipe.
- Adding sesame to recipe helps promote weight loss.
- Soaking of oats for at least 20 minutes is good. This blends easily to form gravy without any many efforts.
- Also, adding fennel seeds, fenugreek is advantageous.

* * *

Benefit Of Steaming Flour.

In [steaming](#) cooking technique, water is boiled in closed container to form steam. Food is cooked in steam. It is kept on tray within container.



1. Food is cooked in less oil.
2. It retains vitamins and minerals.
3. Preserves flavor, texture and color of food.

* * *

Where To BUY Steamer For Cooking??

A good quality aluminum steamer is a good choice to buy. It can cost from RS. 500-1000. It has a set of cups, trays that can be utilized for complete steaming of foods. Also, it can be utilized for low-medium temperature [*baking*](#).

Cooking Steamer can be bought from nearby home utensil shop. Further, it can be bought online through e-commerce websites like [*Amazon*](#), [*Flipkart*](#), [*Indiamart*](#) etc.

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KATORI CHAT

Diet Recipes, Food Blog.



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Katori Chat food recipe is new style Snack that is less oily, full of Nutrients and Savoury diet recipe. It takes 20-25 min to cook recipe. All Purpose Flour (Maida) and Wheat flour dough mixed and grilled on tandoor to form Katori. And after that, it is stuffed with mashed

potatoes and Jaggery-Tamarind Chutney (Indian Sauce).
Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we put our best efforts to come up with food recipe that is combination of culinary art and science. Food Recipes, those are simple to cook, with good nutritional value and relish to eat. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on *Social Media*.

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Chaat Recipes Online

Cooking Ingredients:

- 100 gm Gram Flour.
- 100 gm all-purpose Flour or Maida.
- 1 teaspoon Salt.
- 1 teaspoon Turmeric.
- 1 teaspoon cooking oil.

- 1 teaspoon Mustards.
- 1 teaspoon Sesame Seeds.
- 1 teaspoon Asfoetida.
- 2 teaspoon Mustard oil.
- 1 teaspoon Fenugreek seeds.
- 1 teaspoon Raw mango Powder.
- 1 teaspoon crushed Pepper.
- 1 teaspoon Curd.
- 1 chopped Onions.
- Chopped fresh coriander.
- 2-3 chopped green chilli.
- 150 gm fresh fenugreek leaves.
- 2-3 chopped boiled potatoes with peel.

Indian Spiced Mashed Potatoes:

1. Heat 1 teaspoon Mustard oil on low flame.
2. Add 1 teaspoon Mustard seeds.
3. Mix 1 teaspoon Turmeric.
4. Also add, 1 teaspoon Fenugreek seeds.
5. Mix 1 teaspoon Salt to a pool.
6. Add 1 teaspoon Sesame seeds to it as well.
7. Also, add 1 teaspoon Raw mango Powder, Asafoetida and crushed pepper to it as well.

8. Mix boiled potatoes with a peel and fresh fenugreek leaves. Toss for 2-3 minutes on a low flame.
9. Smash to form potato paste.

Tandoori Cooking Method:

1. Mix All Purpose Flour with Wheat Flour.
2. Add 1 teaspoon Curd to it.
3. Also add 1/2 teaspoon Salt to it.
4. Mix well to form a dough.
5. Freeze it for few more minutes.
6. After that, blend well to form a soft dough.
7. Make medium sized, round flat Roti, with rolling pin on rolling pad.
8. Put roti on a steel bowl, to form Katori shape.
9. Heat Tandoor on medium-high flame, on one side for > 1 minutes.
10. Remove steel bowl, flip and let it rest on tandoor. Cook other side as well.

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Katori Chaat:

1. Stuff fenugreek flavored potatoes, in a Katori.
2. Add blended curd to it as well.
3. Also add *Tamarind-Jaggery Chutney*.
4. Add shredded onions on it.
5. Sprinkle coriander on it as well.
6. Add [*Indian namkeen Savoury snack*](#) to it as well. This is optional step. Can add some low-calorie value snacks as well.

Tamarind-Jaggery Chutney.

- Add 2-3 medium sized strands of Tamarind to a pan.
- Also, add 50 gm Jaggery to it as well.
- Add 1 teaspoon salt.
- Also, add 2-3 dried red chilli to it.
- Mix well. Add water and give a churn.
- Extract bigger pieces of Tamarind and Dried Red Chili.
- Boil for 1-2 minutes to get bit thicker texture.
- Cool it in a freeze for few more minutes.

* * *

Are Indian Street Foods Healthy??

No Indian Street foods are not at all healthy to eat now a days. This is the major cause of obesity and other health issues, Indian suffering with now a days.

1. Indian street foods are quite oily.
2. Oils used for cooking are of cheap quality and reused.
3. Whole focus is on taste. To earn money, people go to any extent, selling low quality and low nutrition foods.
4. Chutney and Indian Sauce not preserved right. People sell products that are freezed for long and are sufficiently stale at times.
5. It is less Hygienic, and no proper sanitization used at times.

6. Lot of Red-chilli powder added to foods, that is way bad for health. Affects strongly cholesterol levels and reason for heart disease.
7. It is our voluntary effort to suggest our viewers to avoid eating it outside and learn to Eat Right, Live Right.

* * *

EaT Right India Movement.

In care of Indian citizens, Indian Government is taking steps to educate people on foods. Railway food supply is kept under check. In schools' children, educated to eat right foods etc. Whole agenda behind this is, to help people understand and make them "[Eat Right, Live Right](#)".

In support of this, HealthyIndianBites food channel is working out to bring out best of our culinary art and share best of food recipes with you all. Hopefully, our viewers love it and enjoy cooking in their kitchen the food recipe.

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LOTUS SEED POHA

Diet Recipes, Food Blog.



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Lotus Seed Poha food recipe aka fox seed snack is breakfast time healthy snack made with healthy ingredient-Lotus Seed adding very little cooking oil, need to sauté and cook foods. White color, crunchy lotus seed when added with other foods it becomes colorful and healthy enough for people to make it a regular basis healthy breakfast. It takes 10-15 minutes to cook recipe. Recipe is quite easy to cook, tried to make right use of sauté cooking methods to cook healthy Phool makhana.

In [HealthyIndianBites](#) food blogs, love to share our culinary art designed with wholehearted effort for healthy eating.

Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on *Social Media*.

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Phool Makhana Benefits For Woman.

1. Is super food that enhances female fertility and good for pregnant ladies. Helps, strengthen the uterus lining. But it is recommended, to consult gynecologist on this.
2. It also helps losing weight. It is low in calories and high in fiber.



3. Prevents hair fall, good for skin care and prevents wrinkles on skin.
4. It is good to take Phool makhana on regular basis in diet. But it is good to eat in 30 gm limit or a handful.

* * *

Our Culinary Art Cooking Lotus Seed.

Distinctive Ingredients:

- 250 gm Lotus Seed Crushed.
- 1 teaspoon cooking oil.
- 50 gm boiled green peas.
- 20-30 gm boiled Corn.
- 1 teaspoon Salt.
- 1 teaspoon Turmeric.
- 1 teaspoon Coriander powder.
- 2-3 chopped green Chili.
- 1 teaspoon Mustard seeds.
- 50 gm crushed Peanut powder.
- 2 chopped Tomatoes.
- 1/2 teaspoon Black pepper.
- 1 whole Lemon.

Cooking Method:

- Add 1 teaspoon cooking oil in a pan. Cook recipe on low flame. By this oil on low flame will heat foods gradually and not burn its nutrients and, in less oil, all foods will get cook.
- Add 1 teaspoon Salt as well to it.
- Also, mix boiled green peas and fresh boiled Corns.
- Fresh Tomatoes.



- Chopped green Chili. Mix well.
- 1 teaspoon Mustards seeds.
- Add 1 teaspoon Coriander powder.
- Roast crushed peanuts to it as well.
- Mix crushed Lotus seed or Phool makhana to a pan. Mix all thoroughly for 2-3 minutes.
- Squeeze lemon as per Taste.
- Top it up with [Ratlami Sev](#) or add Tomato sauce on it. (This step is optional).

* * *

Cooking With Sauteing Techniques.

In [sauteeing](#) cooking technique, foods are cooked directly on heat adding oil to it. But it is very important to cook it in right manner. We have listed few measures to take cooking it right.

1. Food is cooked in less oil, good quality oil and on right cooking pan.
2. Preserves Flavor, Texture and Color of food.
3. Foods are cooked on low heat. It is bit time-consuming, but it retains Vitamins and Minerals in foods.

BUY Non-Stick Kadai??

Sauté cooking method is very well known to people. Indian cooking is done lot more using sauté than steaming, microwave or baking. And it is important that we take care to use right utensils for our cooking. Thick metal Aluminum metal or Steel pan is very well known from generations. They are very useful and helps maintain nutrients in food, absorbs heat and cook foods. But there are some downsides of it as well. Biggest one is, sticking of foods or using more cooking oil. So, kitchen utensils company has come up with non-stick pans. That is fast and easy to cook on it with less oil with less chances of sticking of foods to a pan with tedious washing.



Good quality cooking pan in India can range from RS-1000 to RS-1500. Good kitchen sets of 3-4 pans of different size and style available. They can cost around RS-5000 to RS-10,000. Further, various brands are available like [Prestige](#), [Inalsa cookmate](#), [Hawkins Futura](#) etc.

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LOTUS SEED BHEL

Diet Recipes, Food Blog.



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L [otus Seed](#) or Lotus nut Bhel- Snack food recipe is easy to cook, nutritious to eat and is a side dish. It is a [chaat food recipe](#) inspired from famous Indian street food recipe- Indian Bhel, Bombay Snack. Love adding it, in different dishes like

vegetables, healthy Indian snack, Indian Vegetables and soups. Lotus seed takes 20-25 min to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, includes Phool Makhana in healthy food list. We truly, love benefits of Phool Makhana/ Lotus seeds. It is white in color and crunchy to eat. Blending it with Indian sauce - Tamarind chutney makes it a healthy nutritious food recipe. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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Health Benefits Of Lotus Seed.

1. Lotus seed relieve pain, manage weight and reduce blood sugar levels.
2. Promotes digestive health, supports heart health, regulates [blood sugar level](#) and supports weight management.
3. Treats insomnia, Good for Diabetic patients, Anti-ageing, heal diarrhea.
4. In includes major nutrients like Manganese, Magnesium, Phosphorous, Vitamin B1, Tryptophan.
5. Lotus seed blended with Tamarind- Jaggery chutney is not only tasty combination, but it adds high nutrition value to foods as well.

* * *

Best Cooking Method Of Phool Makhana.

Steps by Cooking Instructions:

- 250 gm crushed Phool Makhana or Lotus seeds.
- 2 finely chopped green chili.
- 1 Onion chopped.
- 2 Tomatoes diced.
- 2 boiled Potatoes.
- 1 teaspoon Fennel seeds.
- 5-10 gm Tamarind.
- 20 gm Jaggery.
- few strands of Coriander.
- few strands of Mint.
- 1 teaspoon Salt.
- 1 teaspoon Turmeric powder.
- 1 teaspoon Sesame seeds.

- 2-3 whole red chili.
- 1 teaspoon Mustard seeds.
- 1/2 cup whole Peanut.
- 1/2 cup Curd.
- 2-3 teaspoon cooking oil.



Creative Culinary Recipes

1. Chopped coriander leaves, Mint and green Chili add to curd.
2. Add crushed, sauté Lotus seed mix with curd mix.
3. Add smashed boiled potatoes in a mix. Mix well.
4. Mix tamarind chutney and form binding.
5. Serve in a plate. Sprinkle onion, tomatoes, mint and coriander. Add crackers or fried snacks to decorate. (This step is as per taste)

* * *

Lotus Seeds Nutrition 100 Gm.

- May promote heart health and stabilize blood sugar levels.
- Rich in nutrients, high antioxidants and supports anti-ageing properties.
- Add 1-2 glasses of water to steamer.
- Pre-heat steamer before starting to cook recipe.
- Maintain temperature from low to medium heat cooking food in steamer.
- Avoid adding red-chili powder to recipe.
- Adding sesame to recipe helps promote weight loss.

Side Effects Of Lotus Seeds.

Lotus seeds are a low calorie, low fat and low salt content food products. Different vitamins and minerals like Manganese, magnesium, potassium, thiamin, protein and phosphorous present in them make it right source of foods. Such foods promote better digestion, manage diabetes and improve cardiac condition.

1. Maintaining right balance of 20-30 gm of Phool Makana every day is sufficient. Excess of it, causes side effects like indigestion, stomach cramps, bloating and [constipation](#).
2. Phool Makhana is good for [Diabetic](#) People. And it is good that pregnant woman and diabetic people consult doctor about it.
3. Further, eating too much of makhana can lead to flu, cough and diarrhea.



Where To BUY Lotus Seed For Cooking??

In India, it is available in loose packing, weighed in gm otherwise can be bought in packaging as well. It costs around 1 Rs for every gm. Well, known [Indian companies](#) selling it are Vedaka, Mr. Merchant roasted makhana, Rajbhog Fox Nuts etc.

Phool Makhana/ Lotus seed can be bought from nearby grocery shop. Further, it can be bought online through e-commerce websites like [Amazon](#), [Flipkart](#), [Indiamart](#), [Bigbasket](#), [Dmart](#) etc.

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MATAR ALOO

Diet Recipes, Food Blog.



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Matar Aloo or Green Peas is one of the yummy Indian dishes. It is cooked on regular basis in Indian kitchen. People love eating it in celebrations and party as well. Food combination of green peas with boiled potato and gravy satisfy taste buds with food satisfaction. It takes 20- 25 min to cook recipe. Food recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

[HealthyIndianBites](#) food blogs, Food recipe can be cooked greasy-full of oil and spices. Also, it can be cooked healthy and nutritious without compromising taste and cook it, oil free. So, putting our best effort we have come up to food recipe with our optimal knowledge on foods. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [Social media](#).

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Best Cooking Method Of Matar Aloo-Green Peas

Homemade Garam Masala:

- 4-6 Clove.
- 4-6 whole Black pepper.
- 1 Bay Leaf.
- 1 Star Anise.
- 1 Cinnamon stick.
- 8-10 Almonds.
- 1 teaspoon Sesame.
- 50gm Onion.
- 6-8 strands of peeled Garlic.
- 6-8 Raisins.
- 2-3 green Chili and Tomatoes. Dry roast it on tawa at low flame.
- 6-8 strands of Black Cumin.
- 6-8 strands of Cumin.
- 1 teaspoon Salt.
- 1 teaspoon Carrom Seeds.
- 1 teaspoon Coriander.
- 1 teaspoon dry Mango powder.
- 1 teaspoon Cumin powder.
- 1 teaspoon Fennel seeds.
- 2 wholes Black Cardamom.
- 1 Spoon Ghee. Roast it all on tawa at low flame. Mix well in mixer grinder to form paste.



Cooking Method:

1. Make Homemade Garam Masala roasting spices on a pan adding 1 spoon ghee to it. Give a mix in mixer grinder to form paste.
2. Mix chopped boiled potatoes to it.
3. Add boiled green peas to it and mix well.
4. Add water to it. Cook on low flame.
5. Serve hot to 2-3 people with Roti or chapati.

* * *

Health Issues Eating Greasy Foods.

1. Curries cooked adding lot of oil are less nutritious.
2. Adding spices to an oil make it hard to digest, can cause bloating and inflammation in body.
3. Roasting on medium to high flame for longer periods burns nutrients in foods.
4. It is really not advisable to add red-chili powder out of limits. This may be a reason to cause heart disease.
5. Re-using and reheating of oils is one of the bigger reasons to cause cancerous cells in a body.
6. Frying or deep frying of veggies retains texture or taste Savoury, lowers nutrients in foods.
7. Storage of curries for longer periods in freeze. And using them can cause gas. Induce bad bacteria and make gut health suffer.
8. Finally, blanching and cleaning is a step-in cooking, and it is always advisable to follow it.

Easy Cooking Tips For Beginners

- It is advisable to roast spices on low flame.
- Clean and blanch Green Peas and Potato for 6-8 min in boiling water adding Salt.
- Avoid adding red-chili powder to recipe.
- Adding sesame to recipe helps promote weight loss.



1. Food is cooked in less oil.
2. It retains vitamins and minerals.
3. Preserves flavor, texture and color of food.

* * *

METHI ALOO

Diet Recipes, Food Blog.



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Methi Aloo or Fenugreek curry is traditional Indian Recipe part of [*Indian Cuisine*](#) ages apart. It is cooked in Mustard oil. [*Mustard oil*](#) adds flavor and fragrance to recipe along with its nutritional benefits. It is quite delicious to eat. Cooked by any and many Indian family on regular basis. It takes 20-25 min to cook recipe. Recipe is quite nutritious, easy to

cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [**HealthyIndianBites**](#) food blogs, we have collected cooking tips shared by Grand Mother and added our own touches to make recipe healthy to eat, still taste and smell the same old grandma style. Hopefully, viewers like cooking and eating it and get the best balance of taste and nutrition. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [**Social Media**](#).

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What Is Wrong With Indian Diet??

Some very traditional Indian Recipe that we eat on daily basis, become unhealthy just due to some common errors, we do cook our yummy vegetable curry. Tried to summarize few mistakes in HealthyIndianBites food blog, taking reference of Methi aloo food recipe.

1. Over cooking or over roasting of food recipe burns nutritional value of food.
2. Dipping potatoes in lot of oil can add extra calorie and make [highly nutritious potatoes](#) unhealthy and biggest weight gain culprit.
3. No good idea to overcook or fry fenugreek on high heat or sauté in extra oil as this may burn [fenugreek nutrition](#) value and top of it add [harmful carcinogens](#) that can cause disease like cancer.
4. Cooking food over spicy adding [red chili powder](#) or [garam masala](#) dipped in oils can cause [inflammation](#) and [bloating](#) in body. So even though we intake homemade clean food that tastes yummy. But still, it fails to be healthy vegetarian diet.

* * *

Best Indian Fenugreek Recipe



Cooking Ingredients:

- 250 gm chopped and *blanched* Fenugreek.
- 3-4 potato diced and half boiled with peel.
- 1 teaspoon salt.
- 1 teaspoon whole black pepper crushed.
- 1 teaspoon carrom seeds.
- 1 teaspoon turmeric powder.
- 1/2 teaspoon poppy seeds.

- pinch of asafetida.
- 1 teaspoon mustard seeds.
- 1 teaspoon white sesame seeds.
- 1 teaspoon Fenugreek seeds.
- 1 teaspoon coriander powder.
- 2-3 green chilli.
- 1 whole garlic finely chopped.
- 2 teaspoons mustard oil.

Fenugreek Curry Cooking Method:



1. Add mustard oil in a cup. Dip turmeric powder, carrom seeds, mustard seeds, poppy seeds, salt, fenugreek seeds, sesame seeds and asafetida (Hing powder) to it. Mix well.
2. Add mix to half boiled potatoes. Mix it thoroughly.
3. Add finely chopped green chilli and garlic to mix.
4. Let mix rest for 10 minutes. By doing this, starch in Potatoes will suck oil and spices with coating on it.

5. Add a batch of potatoes to a pan and cook on low flame for 2-3 minutes.
6. Apply lid and let potatoes cook on low flame till it gets soft and tender.
7. Sprinkle 1-2 spoons water, 2-3 times gradually.
8. After that mix, chopped and blanched fenugreek with potatoes.
9. Add coriander powder and black pepper to recipe.
10. Roast for 2-3 minutes on medium flame.
11. Serve hot to 2-3 people with Roti.

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Indian Food Cooking Tips

- Fenugreek is quite tender and soft. And to retain its [*nutritional value*](#) it is best practice to not overcook or roast too much.
- Clean and [*blanch*](#) Fenugreek thoroughly.
- Make best use of [*mustard oil*](#). Cut down extra oils from recipe.
- Indian spices have hell lot of [*health benefits*](#). But dipping in oils make it worst. Right proportion of it can raise [*metabolism*](#) and promote weight loss along with other health benefits.

Buy Mustard Oil Online Today??

Kachhi Ghani Mustard oil is used cooking many Indian dishes. It can cost around RS 150-160 /- per litre in year 2024. Various well known Indian brands sell it. To name few:

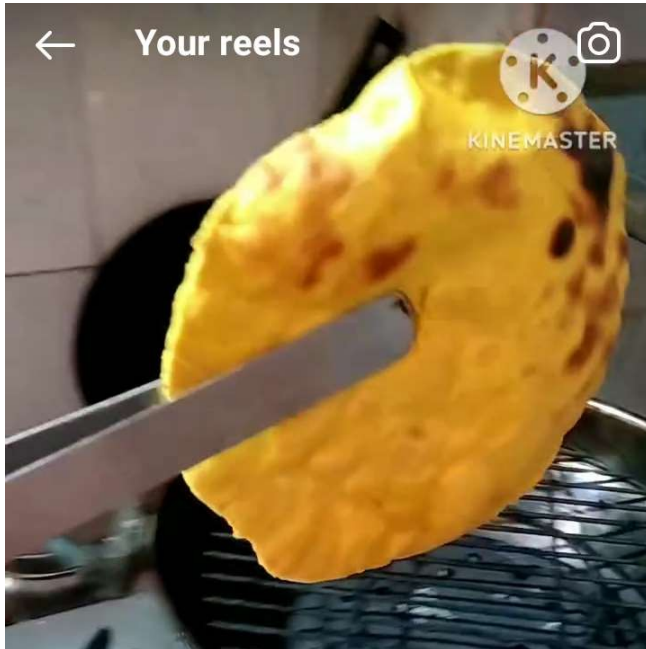
- [*Patanjali Kachhi Ghani mustard oil*](#)
- [*Fortune mustard oil*](#)
- [*Gulab mustard oil*](#)
- [*Dalda Kachhi Ghani Mustard oil*](#)

Now a days number of well-known online shopping portal like [*Amazon*](#), [*Bigbasket*](#), [*Jiomart*](#), [*Dmart*](#) etc. sell above well-known brands.

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MISSI ROTI

Diet Recipes, Food Blog.



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Missi Roti food recipe is a food combination of equal quantities of Gram Flour to Wheat Flour kneaded, make a soft dough, then make round flat bread and grilled on Gas Stove Tandoor. It is simple to cook and can be served with Indian curry. Food Recipe is authentic Indian flat bread/Roti. Can be cooked in each and every kitchen and can consume regularly. It takes 2-3 minutes to cook 1 piece of bread.

Recipe is quite easy to cook and Savoury to eat, applying little Ghee on it or served with melted Jaggery.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Indian Roti is simple and easy recipe. For beginners, it may require some practice. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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* * *

Best Cooking Method Of Missi Roti.



Cooking Ingredients:

- 100 gm Wheat Flour.
- 100 gm Gram Flour.
- 1 teaspoon Salt.
- 1 teaspoon Turmeric.
- 1 teaspoon cooking oil.
- Some water to knead a soft dough.

Tandoori *Cooking Method:*

1. Mix 100 gm Wheat Flour with Gram Flour.
2. Add 1 teaspoon Salt to it.
3. Also, add 1 teaspoon Turmeric to it.
4. Further, add 1 teaspoon cooking oil. Mix well.
5. Add water and knead in a soft dough.
6. Let it rest for few minutes.
7. Use Rolling pin to roll it into round flat bread(Roti).
8. Set Gas Stove Tandoor on Medium-High flame.
9. Heat 1 side of Roti for <1 minutes. You may see some black bubbles on it.
10. Change side and Grill other side of it, as well. (You may find it ballooning)
11. Apply Ghee all over it. (Do not skip this step, in understanding that may gain weight or increase Calorie intake). Food combination of Turmeric, Gram Flour and Ghee is a healthy food combination.
12. Serve with Indian curry. It is good to have 2 pieces of it to maintain calorie value.

* * *

Downside Of Eating Wheat Flour Bread Or Roti.

1. It is very important that dry wheat flour is brown colored and made from whole wheat
- Germ, Bran and Husk.
2. Finely, grinding wheat flour is white color, generates more gluten and is of low nutritional value.
3. Mixing Wheat Flour with water generates Gluten that may not be good for people with low metabolism and suffering from intestinal issues.
4. Frying it on tawa, on direct heat or on high flame loses its nutritional value.
5. Direct heat of gas stove may form Carcinogens that could be the reason for formation of cancerous cells in a body.
6. Further, it raises blood sugar level. Specifically, if it is finely churned dry wheat flour.

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Benefits Eating Missi Roti.

1. It contains Gram Flour full of nutrition.
2. Equal mix for wheat and Gram flour helps forming less Gluten.

3. It's good for people having intentional issues. Wheat flour is hard to digest due to Gluten Content.
4. Also, eating it with Ghee applied to it keeps one fuller for longer. Fibrous content in Gram flour takes longer to digest.
5. Also, Missi Roti helps maintaining blood sugar level. So may not feel hungry after eating it. Thus, helps losing weight.
6. Further in HealthyIndianBites, we love grilling Roti on Tandoor at Medium-High flame than on tawa or pan. Direct heat on foods destroys the nutritional value of foods.

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MIX VEGETABLE CURRY

Diet Recipes, Food Blog.



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Mix Vegetable Curry is perfect combination of all vegetables. It is complete meal for lunch and dinner. Vegetables are blended with gram flour/ chickpea flour to make it nutritious and healthier. Less oily, less spicy, full pack nutrition for Indian food lovers. It tastes delicious with rice or can be eaten with Roti too. It takes 20-25 min to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we try to put our best efforts to come up with vegetarian recipes that is full pack nutrition, packed in a meal. Perfect combination of healthy carbs,

minerals, vitamins, right fats and proteins all packed in a meal. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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Is Food Less Nutritious Today?

1. In the world of [processed foods](#), we have compromised with nutrition.
2. [Canned foods](#) that are easy and fast to cook, full of additives and preservatives, contain high simple sugars, are high in calories and lack nutrition value.
3. [Fast foods](#) or [restaurant foods](#) delivered fast and easy, are yummy to eat, but lack right eating habits, that compromise on nutrition.
4. Long run consumption and developing such food habits: may cause obesity, health issues and mental-physical disabilities.

* * *

Best Cooking Method Of Mix Vegetables



Cooking Ingredients:

- 250 gm chopped and cleaned mixed vegetables: carrots, green peas, cauliflower and cabbage.
- 1 whole garlic.
- 3 tomatoes.
- 2-3 green chili.

- 1-2 whole onion.
- few strands of coriander.
- 1 teaspoon salt.
- 1 teaspoon whole pepper crushed.
- 1 teaspoon white sesame seeds.
- 1 teaspoon coriander powder.
- 1 teaspoon turmeric powder.
- 1 teaspoon whole cumin.
- 1 teaspoon vinegar.
- 1-2 teaspoons cooking oil.
- 3-4 teaspoons gram flour /chickpea flour.

pre-preparation cooking steps:

1. Boil veggies mix of cabbage, cauliflower, carrot in pressure cooker for 5-7 minutes on low flame. Add sesame and 1 spoon oil to it. (do not whistle).
2. Filter boiled veggies and vegetable broth in separate bowls.
3. Heat 1 whole garlic, green chilli and 1-2 unpeeled whole onions and tomatoes for 3-4 minutes on tawa or grill -stove top tandoor. (Make sure it is just warm). *This step adds flavor and burns harmful bacteria.*
4. Cool down and cut peeled garlic and onion into fine pieces. Similarly, chop green chili into finer pieces.

Cooking steps:

1. Add 1-2 spoons cooking oil. Heat on low flame.
2. Add salt, cumin and 3-4 spoons gram flour to it.
3. Add whole tomatoes. Apply lid. And cook it, till tomatoes get tender.
4. Smash tomatoes. Extract bigger pieces in separate bowl. Grind them in mixer to a paste and add it back again to pan. (make tomato sauce).
5. Add coriander powder, turmeric powder and crushed pepper to a pool. Roast a bit.

6. Add boiled veggies(cabbage, cauliflower, carrot mix).
7. Add 1 spoon vinegar. Mix well.
8. Add vegetable broth obtained boiling veggies.
9. Add boiled green peas to a pool.
10. Let it simmer for 2 to 3 minutes on low flame.
11. Decorate with coriander, Serve hot with rice along with peeled onions.

* * *

Health Benefits:



x Vegetable Curry contains all set of easily available veggies like Tomatoes, Onions, Green Chili, Garlic, Carrot, Cabbage, Cauliflower, Green Peas and Fresh Coriander that is easily available in market. It is full pack of Nutrition. Contains full set of different Minerals and Vitamins:

1. Vitamins and minerals play important role in human health.
2. It is important for Metabolic and catabolic activities occurring human body.
3. Requirement of Hormonal activity, generate new Cells and keep blood Vessels healthy.

- Mix Vegetable Curry is in combination with gram flour/ chickpea flour. [Gram flour](#) is pack of nutrition that helps lower blood sugar level, fibrous, good protein content, helps reduce [LDL cholesterol levels](#) and much more advantageous carbohydrate content.
- It is less oily, so lesser amount of [saturated fats](#) and no [trans fats](#).
- Spices dipped in 1-2 spoons cooking oil adds flavor, activates fragrance and nutritional value of spices.

Eat Right, Live Right.

Now a days, where youth is highly influenced and habitual eating less nutritious [processed foods](#), there Indian Government has come up with ideas and plans to deal with health issues occurring, due to this. As per "**Eat Right, Live Right**" [Eat Right India](#) movement, steps and measures taken to educate nutrition to people and build up right standards for healthy living. In support of this, HealthyIndianBites have put voluntary effort to cook food recipes, that may be helpful to people to eat on regular basis.

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MOONG DAL SOUP

Diet Recipes, Food Blog.



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Yellow moong dal soup, food recipe is easy to cook and nutritious to eat. It is simple recipe can be taken as a side dish or healing health issues-Fever, Diet issues or as a Vegan diet plan etc. This food recipe, we tried cooking in a low oil. And kept it simple, without many spices added to it. Basic importance of it, lies in its health benefits. This can be eaten plain before meal or after regular exercise. It takes 20-25 min to cook

recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on *Social Media*.

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Health Benefits Of Yellow Moong Dal Soup.



1. Lowers bad LDL cholesterol level in a body, that maintains blood pressure in a body.
2. It contains good amount of dietary fiber that digests slowly and helps lose weight.
3. It also contains good amount of low glycemic index carbs that keeps one fuller and helps maintain blood sugar levels.
4. It contains antioxidants that cleanses and protects liver.

5. Further, Vitamins and Minerals present in it, helps regulating hormones in a body. Also, helps brain function right.

* * *

Easy Food Recipe:

Lentil Soup Ingredients:

- 250 gm boiled Moong dal soak for 6-8 hours in 2 times water.
- 1 teaspoon Turmeric.
- 1 teaspoon Salt.
- 1 teaspoon crushed Pepper.
- 1 teaspoon whole Cumin.
- Few strands of chopped Coriander.
- 1 small cube Butter.
- 1 whole Lemon.

Food Cooking Methods:

1. Soak 250 gm moong Dal for 6-8 hours. It should break easy with hands.
2. Moong lentils add to steamer. Dipped in double amount of water.
3. Add 1 teaspoon Turmeric powder to a steamer.
4. Steam it for 15-20 minutes on low flame.
5. Grind in mixer giving 2-3 pulses to form paste.
6. In a pan, add 1 teaspoon Butter.
7. Also, add 1 teaspoon whole Cumin.
8. And 1 teaspoon Salt.
9. Further, add 1 teaspoon Black pepper.
10. Mix well. Add Moong Lentil mix. Add 2-3 times water to it.
11. Boil it for few minutes.
12. Add chopped Coriander to it.
13. Squeeze Lemon as per taste.
14. Serve hot to 2-3 people.

Health Benefits Eating Moong :

- It is good practice to soak Moong dal for 6-8 hours, in double water, before use.
- Also, Turmeric with moong dal helps cleaning and healing body.
- If possible, try steaming it than pressure cooking.
Also, can use Thick Aluminum/steel container with a lid on it.
- Try keeping it simple for better nutrition and health benefits.
Do not add many Indian spices to it or overheat it, in an oil.

* * *

Does Steaming Vegetables Remove Nutrients.

In [steaming](#) cooking technique, water is boiled in closed container to form steam. Food is cooked in steam. It is kept on tray within container.



1. Food is cooked in less oil.
2. It retains vitamins and minerals.
3. Preserves flavor, texture and color of food.

* * *

Where To BUY Steamer For Cooking??

A good quality aluminum steamer is a good choice to buy. It can cost from RS. 500-1000. It has a set of cups, trays that can be utilized for complete steaming of foods. Also, it can be utilized for low-medium temperature [baking](#).

Cooking Steamer can be bought from nearby home utensil shop. Further, it can be bought online through e-commerce websites like [Amazon](#), [Flipkart](#), [Indiamart](#) etc.

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HEALTHY OATS KHICHDI

Diet Recipes, Food Blog.



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Healthy Oats Khichdi/porridge food recipe is easy to cook. We cooked this recipe, to blend Oats with rice. And add variety, to eating Oats recipe. Oats is considered one of the very healthy cereals. Are fibrous enough, with good number of vitamins and minerals with low [*glycemic index*](#), carb content. Beauty of it is, that it can be blended with any other food items to cook- good, healthy, food meal. It takes 20-25 min, to cook this

recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we love to cook and promote most nutritious and healthy diet food recipe. Also, Food recipe, that can be part of daily Vegetarian Food Habits, that doesn't compromise taste. Oats Khichdi(porridge) is one of the top-listed food recipes, as Health benefits of eating Oats is endless, and we love that. Also, we care enough, to share the best healthy recipes with our viewers. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on *Social Media*.

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Health Benefits Eating Oats.

- Among number of health benefits, eating oats is high fiber food, so it helps promote weight loss and maintains healthy bacteria in a gut.
- It is loaded with vitamins, minerals and number of antioxidants that is good one for physical and mental health of a body.
- Also, as it is considered low glycemic index food. It digests slowly, so it doesn't raise blood sugar level and its good choice for diabetics.
- And lot more benefits are on list. Shared other benefits in food recipes, in links given below. Also, checkout quick links of food recipe "[High Nutrition Porridge](#)" that share more health benefits on Oats.

* * *

Oats Food Recipe

Cooking Ingredients:

- 100 gm rolled Oats.
- 150 gm parboiled Rice.
- 2 finely chopped green chili.
- 1 teaspoon Salt.
- 1 teaspoon Turmeric.
- 1-2 teaspoon cooking Oil.
- 10-12 whole Pepper (as per taste)
- 1 teaspoon Vinegar.
- Boiled and Chopped Mixed Vegetables - Green peas, Tomato, Sweetcorn, Onions.
- 6-8 pieces of Almonds.
- 6-8 pieces of Raisins.

Steps By Cooking Instructions:

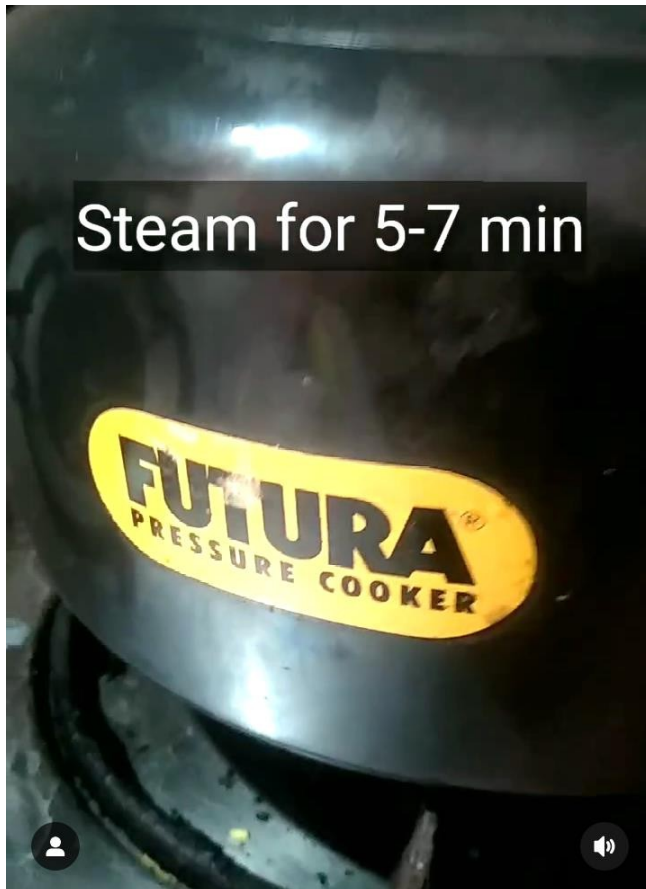
1. Add 1 teaspoon Salt, Turmeric, green Chili, black Pepper and whole Cumin. Heat it on low flame.
2. Add 150 gm parboiled Rice to it. And fry it for couple of minutes.
3. Add 1.5-2 times water to [Futura](#) pressure cooker. And cook it, for 5-7 minutes. (We cooked using Futura pressure cooker). Cooking time varies based on pressure cooker.
4. Add soaked Oats to it.
5. Sauté veggies in Vinegar.
6. Add Veggies to pressure cooked Rice as well.
7. Further, add Almonds and Raisins also into it.
8. Pressure Cook for 5 more minutes on low flame.
9. Oats and parboiled Rice mix and blend well.
10. Sprinkle Coriander to Decorate. Serve hot.



* * *

Why Are Pressure Cookers Useful?

In pressure cooking technique, water is boiled in closed container. Process of cooking food is under high pressure, steam and water. Indians, largely follow this cooking technique to cook foods.



1. It takes less time to boil foods as compared to steaming of foods.

2. Nutrition value of foods is retained. But less likely, to steaming of foods.
3. Preserves flavor, texture and color of food.

Where To BUY Oats Overnight??

[Quaker Oats](#) is very well known and established brand supplying Oats. We love cooking this brand. It is quite healthy. Other available brands are [Bagrry's](#) Oats, [Nutriorg](#), [Saffola oats](#), [Kellog's](#) or [Urban platter](#) etc. [Steel Cut Oats](#), [Rolled Oats](#) or [Quick Oats](#) are different types of Oats. All the Oats are refined form of unprocessed [Oat groat](#) cereal grains or whole meal. In Oat Groats-Germ, Bran and Endosperm of a grain is retained. Thus, it is considered most healthy and fibrous foods to consume. Such foods digest slowly and doesn't increase [blood sugar level](#).

Oats can be bought online through e-commerce websites like [Amazon](#), [Flipkart](#), [Indiamart](#), [Dmart](#), [BigBasket](#) etc. Also, it can be bought from nearby grocery store as well. It is not advisable to buy loose packaging of it, without knowing the supplier or having sufficient food knowledge of oats. Cost of 1 kg Oats cost RS-150 to RS-190.

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PANEER BHURJI

Diet Recipes, Food Blog.



Paneer Bhurji is oil free food recipe. It is one of the famous, traditional dishes, eaten in north of India. People love eating it, in celebrations or on regular basis, in their diet. Beauty of this food item is, it tastes yummy and along with that, it gives hell lot of energy. Homemade cottage cheese it full of [casein proteins](#). It takes 20-25 min to cook recipe. We have tried to modify it and make oil free, to maintain low calorie, high nutrition diet and enjoy Savoury meal.

In [HealthyIndianBites](#) food blog, we love cooking protein filled dishes. Along with that, [monosaturated fat content](#) is great to reduce, [LDL cholesterol levels](#). They are good for muscle strength, keep fuller for long and give lot of energy. Hopefully, viewers like it. We look forward, for your comments and suggestion. For live demo on cooking, please refer our cooking channel on *Social Media*.

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Paneer Recipes With Curd.

Cooking Ingredients:



- 1 whole Milk 500 ml.
- 2 finely chopped green Chili.
- 2-3 Tomatoes diced.
- 1 teaspoon Salt. (Add as per taste)
- 1 teaspoon crushed whole Pepper.
- 1 teaspoon White Sesame Seeds.
- 1 teaspoon Vinegar.
- 100 ml Curd.
- 1 teaspoon fresh Coriander.
- 1-2 teaspoon cooking Oil.
- 1 teaspoon crushed dried Fenugreek. (This is optional).
Adding it bring flavour and is good from health perspective.

Cottage Cheese Preparation:

1. Boil 500 ml whole milk on low flame.
2. Add 1 teaspoon vinegar to milk. After milk gets curdled. Filter it. Drain extracted water.
3. Mix 100 ml curd, with filtered loose Paneer.
4. Separate filtered liquid after mixing Curd and Paneer. Save for later use. This is called as whey milk.
5. Further, give 2-3 pulse in mixer Grinder. To obtain proper mix of Curd and Paneer.

Dahi Wale Paneer Recipe:

1. Roast 2-3 Tomatoes and green chili on tawa or pan, on low flame for 2-3 minutes. (Make sure it is not burnt and just heated). This adds right flavor to foods.
2. In mixer grinder, mix tomatoes with green chili to form right mix.
3. Mix 1 teaspoon salt to a pan as well.
4. Further, mix 1 teaspoon crushed black Pepper.
5. Also, add 1 teaspoon Sesame seeds.
6. Also, 1 teaspoon crushed dried Fenugreek leaves.
7. Add freshly cooked, Tomato Puree, to a pan.
8. Mix well. Apply lid. And cook on low flame for 3-5 minutes. It blends well to form a curry.
9. Add freshly cooked cottage cheese to it.
10. Cook for couple of minutes to blend cottage cheese with tomato puree.
11. Blend well, then mix whey liquid. Cook and mix well. It should'nt be watery. Binds well.
12. Serve hot with roti/chapati or naan.

* * *

What Is High Calorie Indian Food??

1. Paneer Bhurji comes in list of high calorie foods, that gains weight. But in healthyIndianBites, we tried to figure out, understand and analyze reason behind it. We also learnt, the [nutrition value](#) of this food item. It is high in saturated fats and cholesterol.
2. And good source of proteins- [casein](#).
3. [Whey](#) is by-product obtained making Homemade cottage cheese.
4. Also, Calcium and Vitamin D content is good enough.
5. So, to balance it, and make it right choice of foods, we avoided adding extra oil, ghee or butter into it.
6. [Fenugreek](#) and [Sesame](#) added to it, helps lowering cholesterol. And create right balance.
7. Also, to add greasy texture to foods. We did add whey milk obtained. Tried to make right use of it. And add it to foods. Instead, of draining it.
8. Further, Curd is added and blended. This gives taste and texture to Paneer Bhurji.

In HealthyIndianBites, we love cooking. And bring best combination of authentic food recipes. Recipes cooked, are modified to maintain taste and bring health benefits. Now eat and lose weight and live healthy with us.

* * *

PEANUT JAGGERY LADDU

Diet Recipes, Food Blog.



* * *

eanut Jaggery Laddu food recipe is winter special recipe. It gives lot of warmth and energy eating it in cool winters. People love eating it on regular basis as a snack. It is authentic Indian food

P recipe, cooked at different places all over India with little modifications. Also, it's part of auspicious religious ceremonies. Cooking idea behind it is to blend peanuts with jaggery sautéing it in a pan. And then cool down to form a rubbery sweet ball. Recipe is quite simple and takes 20-25 min to cook it.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. This is simple food combination of Peanut and Jaggery. Sparing few minutes to learn this healthy recipe is really worth eating and adding to a diet. It can be bought from Market as well. But downside of it is, we are ignorant of the quality of Jaggery, and it costs lot more. Many non-branded sellers sell this product, so it is no good idea to buy something less nutritious. Hopefully, viewers like our style of cooking this recipe. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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Best Cooking Method Of Peanut Jaggery Laddu.



Cooking Ingredients:

- 100 gm Peanut.
- 100 gm Jaggery.
- 1 teaspoon Ghee.
- 1 teaspoon Cardamom powder.
- 1 teaspoon Cinnamon powder.
- 1 teaspoon Clove mix fine powder.
- 1 teaspoon Salt.

Cooking Method:

1. Melt 1 teaspoon Ghee.

2. Mix Ghee with crushed Peanuts.
3. Wet Cardamom, Cinnamon and Clove with ghee and roast on tawa a bit. This will activate spices.
4. Grind in mixer grinder to form powder.
5. Filter it. Repeat step 4 again.
6. Add this powder to peanuts.
7. Break Jaggery to smaller pieces. Melt it in a pan.
8. Do not overheat jaggery. Shut off flame. Sprinkle water to it and let it cool down.
9. Mix peanuts to it. Mix well.
10. Grease steel tray with little Ghee.
11. Spread evenly, Jaggery and Peanut mix on it.
12. After it cools down a bit. Bind Laddu with hands.
13. Let it rest overnight. After it cools down. It is ready to eat. Eat it in limits not more than 2-3 balls a day.

Easy Cooking Tips for Beginners:

- Try to melt jaggery on low flame.
- Break Jaggery into smaller pieces so it melts fast and easy.
- Try buying good quality jaggery products.
- Maintain ratio of Peanuts with Jaggery to 1:1.
- Adding Fennel, Cinnamon and Cardamom to it adds flavor and taste along with health benefits.
- Sprinkle little water to a pan, before adding peanuts to it. This will cool down pan.
- Shut down stove. And then add peanuts to it. This will avoid burning peanuts.
- Add peanuts with its peel. Peel of peanuts is also nutritious.
- Adding cinnamon powder at last, adds flavor and fragrance to a recipe.
- Jaggery and Peanuts cooling down process takes time. So do not overheat it. Otherwise Jaggery may get very hard and brittle.
- Apply ghee and spread on a steel plate. Do not use melamine or plastic plate for this.

- After cooling down of peanut and Jaggery, it forms rubbery texture, that can be easily bind to form balls.
- Let it settle, overnight to bind in perfect laddu.

* * *

Health Benefits Of Eating Jaggery.



1. Jaggery has property that helps increase digestion of foods in body. Also heat in it, keeps body warm.
2. Deficiency of hemoglobin causes anemia. Nutrients present in Jaggery helps cleansing blood, strengthen blood vessels.
3. It is manganese and good source of [antioxidants](#). This helps to strengthen bones and cleanses body as well.

4. Regular 10-15 gms of Jaggery intake is good enough. It is a great substitute cooking sweet foods with high calorie crystalized white Sugar.
5. Food combination of Peanuts with Jaggery is like getting best all.

* * *

SARSON KA SAAG

Diet Recipes, Food Blog.



* * *

Sarson ka saag or [*Mustard greens*](#) is traditional north Indian food recipe. It originated, in northern India and is popular throughout the region. Very famous, authentic food recipe originated in Punjab. People love eating it with "[*makki ki roti*](#)" (Indian corn roti/flatbread) during winter season. Me loved eating

food recipe cooked by grandma, developed taste and today it feels very emotional to share it with you all and remember her.

In [HealthyIndianBites](#) food blogs, we love sharing our culinary art, as a hobby and a passion, more than a work. Technological advancements and facilities to build Food Blog and [Google Search Engine](#) have made this dream come true. Hopefully, we keep the show running and come up with endless food recipes. Share our cooking art, inspired by grandma's cooking style and more than that, her love, we ever felt in her cooking style and recipes. Hopefully, viewers like it. And we will be thankful to hear back with your comments and suggestions. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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Health Benefits Of Eating Sarson Ka Saag

1. It is low in carbohydrate and fats. Helps improving digestion and lose weight.
2. Cauliflower contains many [nutrients](#). Like Vitamin A, Vitamin E, Vitamin B5, Vitamin B6.
3. It is high in fiber, manganese, folate, zinc and good source of [antioxidants](#).

* * *

Sarson Ka Saag Grandma Recipe.

Cooking Ingredients:

- 250 gm chopped and blanched Mustard Greens.
- 1 teaspoon salt.
- 1 teaspoon sesame seeds.
- 1 teaspoon carrom seeds.
- 1 teaspoon mustard seeds
- 1 teaspoon poppy seeds.
- 2-3 teaspoons mustard oil.
- 2 teaspoon chickpea/gram flour powder.
- 2 tomatoes.
- 2-3 green chili.
- 1 whole garlic.
- 20 gms jaggery.
- 1 teaspoon coriander powder.
- 1 teaspoon crushed pepper.

Pre-preparation activities:

1. Boil and blanch chopped mustard greens adding salt and water on low flame. Keep it tender and soft to give a boil for 2-3 minutes.
2. Heat 2-3 tomatoes, 2-3 green chili chopped and 1 whole garlic on tawa/pan.
3. Grind it thoroughly, to form tomato puree.

Cooking steps:

1. Add 2-3 spoons mustard oil to a cup.
2. Add salt, mustard seeds, poppy seeds, carrom seeds and sesame to it.
3. Add 2 teaspoons gram flour/chickpea to it.
4. Mix well. And let it cook on low flame for 2-3 minutes.

5. Add tomato puree to it and let it cook on low flame.
6. Also, give a mild twist in mixer grinder and add leafy greens puree to a pan.
7. Let it cook on low flame for 7-8 minutes.
8. Add 1 teaspoon coriander powder and crushed pepper.
9. Add 20 gms, melted jaggery to a pan. Roast it.
10. Add 1-2 teaspoon desi ghee, 1/2 teaspoon red chili powder. Heat well. Make tadka, to add to a pan. Roast well, for next couple of minutes.
11. Serve hot with "Makki ki roti" or plain wheat flour roti.

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Easy Cooking Tips For Beginners

- Do not grind mustard greens to make it watery.
- Cook it to get a paste like texture.
- Do not over roast it, to maintain its nutrients and taste.
- Recipe needs mustard oil to cook it.
- Mustard oil adds sweet and savory taste, flavor and fragrance to a recipe.
- Ratio of 2-3 teaspoons mustard oil is sufficient for 250 gm food recipe.



Mustard Oil Price 1 Kg??

A good quality aluminium steamer is a good choice to buy. It can cost from RS. 500-1000. It has a set of cups, trays that can be utilized for complete steaming of foods. Also, it can be utilized for low-medium temperature [baking](#).

Cooking Steamer can be bought from nearby home utensil shop. Further, it can be bought online through e-commerce websites like [Amazon](#), [Flipkart](#), [Indiamart](#) etc.

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SARSON CHUTNEY

Diet Recipes, Food Blog.



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Sarson Chutney - Fresh Mustard leaves sauce food recipe is simple to cook, sufficiently delicious and full of good nutrients. There are many good mustard seeds chutney, that is cooked with mustard seeds. Mustard seeds has lot of health benefits. In HealthyIndianBites, we made best use of mustard leaves, mustard oil and peanuts to make right balance of it and bring best of all. Fragrance of mustard oil enhances sensation of flavor perceived in a mouth, with crunchy taste of crushed peanuts, adds sensory liking in every little bite. It takes 10-15 minutes to

cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [**HealthyIndianBites**](#) food blogs, we try to cook and promote healthy nutritious food recipes. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [**Social Media**](#).

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Best Way To Cook Mustard Greens.



Kitchen Ingredients:

- 250 gm chopped and blanched Mustard Greens.
- 2 teaspoon Kachi Ghani Mustard oil.
- 1 teaspoon Chickpea/Gram flour.
- 5-10 gms Jaggery.
- 2-3 strands of Tamarind.
- Roast 50 gms Peanut.
- 2-3 Green Chili.

- 1 teaspoon Salt.
- 1 teaspoon Sesame seeds.
- 1 teaspoon crushed whole Pepper.

Cooking Ideas:

1. Boil and blanch 250 gm chopped Mustard Greens in a Salt.
2. Mix 1 teaspoon Mustard oil to 1 teaspoon Gram flour in a bowl.
3. Roast on a pan mustard oil and Gram flour mix.
4. Add Jaggery and Tamarind to it as well.
5. Grind Sarson leaves. Mix it to a pan as well.
6. Roast Peanut to 1 spoon oil.
7. Add Green chili to it as well.
8. Add Grinded mix to a pan. Roast well on a low flame.
9. Add Sesame, crushed Pepper and Salt to it, mix well to form a paste.

* * *

Health Benefits Of Eating Mustards.

There are number of benefits eating [Cruciferous vegetables](#). We have listed few below:

1. It contains Vitamin A, Vitamin B6, Vitamin C, Vitamin E and Vitamin K that is rich in fiber and [micronutrients](#) helps for skin care, have benefits of eye and heart health.
2. Contains antioxidants that help protect against [oxidative stress](#) that can cause cancer.
3. Also, they belong to [Cruciferous](#) family of vegetables that helps to raise [metabolism](#) and helps lose weight.

Mustard Oil Online Purchase??

A good quality mustard oil is available in a market at the cost of RS 150 to RS 200 for a liter of a bottle. Various brands of it are available like Fortune, Dalda, Gulab, Patanjali and Emami etc. These can be bought from nearby grocery store or can be bought online as well from e-commerce websites like [Amazon](#), [Flipkart](#), [IndiaMart](#), [JioMart](#) and [RelianceMart](#) etc.

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Clean & Blanch
Sarson

SOYA CHUNKS RECIPE

Diet Recipes, Food Blog.



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Soya Chunk keema food recipe tastes similar to non-vegetarian recipe, due to its spongy texture, taste and curry absorption Pores. Soya chunks are food products produced from defatted soy flour. It takes 20-25 min to cook recipe. Recipe is quite easy to cook, palatable to eat, can be cooked in each and every kitchen and can consume regularly.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Consuming 100 gm of soya chunks per day can be part of balanced diet for many people. It is good source of protein, low fat, fibrous and contains essential nutrients. But recommended to eat in limits to avoid side effects of gas and bloating. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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Soya Chunks Healthy Or Not.

1. Promotes weight loss and good heart health.
2. Regulates [hormonal imbalance](#) and [menopausal](#) problems in woman.
3. Improves digestion, regulates blood sugar level and contains essential amino acids our body needs.
4. Also, it contains good amount of calcium that heals [osteoporosis](#) and good for teeth and good for bone health.

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Soya Keema Recipe Indian.



Cooking Ingredients:

- 250 gm Soya Chunks
- 2 chopped Tomatoes.
- 2 green chili.
- 1 diced and chopped Onion.
- 4-6 pieces of Garlic.
- 1 teaspoon Salt. (Add as per taste)

- 2 teaspoons Curd.
- 1 teaspoon Sesame seeds.
- 1 teaspoon Turmeric.
- 1 teaspoon cooking oil.
- 1/2 teaspoon Poppy seeds.
- 1 teaspoon Black pepper.

- 1 teaspoon whole Cumin.
- 1 teaspoon Asafetida.
- 1 teaspoon raw Mango powder.
- 1 teaspoon Coriander powder.
- Few strands of fresh Coriander.

Basic food preparation

1. Soak soya chunks in 2 teaspoons Curd.
2. Add 1 teaspoon Turmeric to it.
3. Add 1 teaspoon Coriander.
4. Mix 1/2 teaspoon Poppy seeds in curd.
5. Let it rest for 15 minutes.
6. Grind to form a paste.

How to prepare Soya Chunks

- Add Tomatoes, Onions, Green chili and Garlic to a pan or tawa. Heat it a bit. Chop vegetables.
- Add 1 spoon cooking oil to a pan.
- Add 1 teaspoon whole cumin to it.
- Add 1 teaspoon Salt.
- Add all chopped vegetables to a pan. Mix well. Add to a mixer jar. Grind it to form a paste.
- Put Tomato paste back to a pan. Roast a bit for few minutes.
- Add soya chunk paste to Tomato puree in a pan.
- Add 1 teaspoon Black pepper.
- Add 1 teaspoon raw Mango powder and roast well for few more minutes.

- Serve hot to 2-3 people with Roti or chapati.

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Buy Soya Chunks Online

It is no good idea to buy loose packing of soya chunks from market. Due to lack of knowledge of food products, one can get various health issues like [Bacillus species](#).

1. When processed soya chunks preserved well. It has good shelf life and can last for 6- 12 months.
2. Right packaging of soya chunks keeps it dry and hydrated. It preserves freshness, taste and nutritional value.
3. Among list of Soya Chunk brands available in India - [Saffola](#), [Nutri](#) and [Nutrela](#) are few good ones and tried by us.
4. Also, loose packaging of soya chunks can be bought from [Amazon](#), [Grofers](#), [BigBasket](#), [Flipkart](#) and [Fortune goods](#) etc.



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Why Soya Chunks Are Bad.

- 20-30 gm of soya chunks a good enough and is sufficient to maintain daily estrogen levels.
- Too much soya chunks create hormonal imbalance, leading to weight gain.
- Soya chunks being dense in protein and low in carbs are good to include in meals.
- Highly processed soya chunks are not efficient source to get in your protein.
- Soya chunks are good source of absorption of minerals in body and is hard to digest.

Soya Chunks Recipes Vegetarian.

Right combination of micronutrients-Vitamins and Minerals along with Macronutrients- Proteins, Fats and Carbs make a right meal. It is healthy and delicious diet full nutrition in a meal.

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SPINACH SOUP

Diet Recipes, Food Blog.



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Spinach Soup food recipe is a healthy food combination of spinach and Gram flour. It is power pack of nutrients. Food combination is a good source of vitamins and minerals. Recipe is a whole meal in itself that can be taken during lunch or dinner of vegan diet. No additives are added to it cooking recipe.

In [HealthyIndianBites](#) food blogs, we try to cook and promote healthy nutritious food recipes. Cooking this recipe, we have taken utmost care to consider health benefits obtained eating food combination of spinach and Gram flour. Hopefully, viewers like it. We look forward for your comments and suggestion. For live demo on cooking, please refer our cooking channel on [social media](#).

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Best Vegan Soups Ever. Spinach Soup.

1. Spinach soup is a whole meal in itself. It packs healthy nutrition obtained from plant and plant products. It can be taken following [vegan diet](#) plan.
2. [Spinach](#) is good source of fiber, Vitamin A, Vitamin C, Vitamin K1, folic acid, manganese.
3. [Gram flour](#) is good for weight management. It lowers blood sugar level, as it digests slowly. Also, good for heart health, gut health and bones.

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Positive Effects Of Vegan Diet

- It helps losing weight and maintain healthy lifestyle.
- It helps fight against [cancers](#).
- Prevents getting [cardiovascular disease](#), keeps blood pressure in check.
- Maintains [blood sugar level](#). Thus, benefits diabetics.
- Reduces pain and inflammation occurring due to [arthritis](#).
Helps dealing with

[osteoporosis](#).

* * *

Best Homemade Vegan Spinach Soup



Cooking Ingredients:

- 250 gm coarsely chopped spinach or take baby spinach.
- 2 teaspoon salt.
- 1-2 teaspoon cooking oil. We cooked using [*kachi ghani mustard oil*](#).
- 3 tomatoes.

- 2-3 green chili.
- 1 whole garlic. (6-8 strands of garlic).
- 1 teaspoon sesame seeds
- 1 teaspoon carrom seeds
- 1 teaspoon mustard seeds
- 3-4 teaspoon of gram flour/ chickpea flour.
- 1 teaspoon crushed black pepper.

Pre-preparation cooking steps.



1. 250 gm coarsely chopped spinach or take baby spinach add to pan.
2. Add 1 spoon salt and boil and blanch it in water on low flame for 4-5 min.
3. Roast whole tomatoes, garlic and green chili on tawa or pan for 3-4 min.
4. Cool down and chop heated tomatoes and green chili. Unpeel garlic into pieces.
5. Add it all into mixer grinder. Grind into tomato paste.

* * *

Spinach Soup Cooking Method:



1. Add 1-2 spoon mustard oil to pan and heat at low flame.
2. Add 1 spoon salt, mustard, sesame, carrom to pan. Mix well.
3. Add tomato paste to pan. Mix well and let it cook for 1-2 min.
4. Add blanched spinach to pool. Smash it for 1-2 min, till it releases water.
5. Add chickpea/gram flour with tomato sauce and smashed spinach. Mix well.
6. Add crushed black pepper and roast for 1-2 min.
7. Add water and let it simmer for 2-3 min.
8. Serve hot. Take it plain or as a side dish in a meal.

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STEAMED CAULIFLOWER

Diet Recipes, Food Blog.



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steamed Cauliflower food recipe is easy to cook and nutritious to eat. It takes 20-25 min to cook recipe. Recipe is quite easy to cook,

S palatable to eat, can be cooked in each and every kitchen and can consume regularly.

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Health Benefits Of Eating Cauliflower

1. Steamed Cauliflower is quite healthy diet Recipe.
2. It is low in carbohydrate and fats.
3. Helps improving digestion and lose weight.
4. Cauliflower contains many [nutrients](#).
Like Vitamin A, Vitamin E, Vitamin B5, Vitamin B6.
5. It is high in Fiber, manganese, folate, zinc and good source of [antioxidants](#).

* * *



Best Cooking Method Of Cauliflower

Cooking Ingredients:

- 250 gm chopped and [blanched](#) Cauliflower.
- 2 finely chopped green chili.
- 1 potato diced and blanched.
- 2 tomatoes diced.
- 4-6 finely chopped garlic strands.
- 1 teaspoon salt. (Add as per taste)
- 1/2 teaspoon crushed whole pepper.
- 1 teaspoon turmeric powder.
- 1 teaspoon cumin powder.
- 1 teaspoon coriander powder.
- 1 teaspoon white sesame Dry Fruit.

Steaming Cooking Method:

1. Add mix of cauliflower, green chilli, potato, tomatoes, salt and turmeric to steamer. (preheat steamer with water filled)
2. Sprinkle water, steam Cauliflower on low flame at 100 C for 15-20 minutes. It turns tender and soft.
3. Add 1-2 spoons of cooking oil in pan. Cook on low flame.
4. 1 teaspoon cumin powder, coriander powder, sesame seeds and 4-6 garlic.
5. Add steamed cauliflower mix to oil filled pan. Mix well.
6. Add 1/2 teaspoon of crushed whole pepper and roast on medium flame for 2-3 minutes.
7. Serve hot to 2-3 people with Roti or chapati.

Easy Cooking Tips For Beginners

- Chop cauliflower and potato in small dices.
- Clean and blanch cauliflower and potato for 3-4 min in boiling water adding salt.
- Add 1-2 glasses of water to steamer.
- Pre-heat steamer before starting to cook recipe.
- Maintain temperature from low to medium heat cooking food in steamer.
- Avoid adding red-chili powder to recipe.
- Adding sesame to recipe helps promote weight loss

* * *

Does Steaming Vegetables Remove Nutrients.

In [steaming](#) cooking technique, water is boiled in closed container to form steam. Food is cooked in steam. It is kept on tray within container.



1. Food is cooked in less oil.
2. It retains vitamins and minerals.
3. Preserves flavor, texture and color of food.

* * *

STUFFED CAPSICUM

Diet Recipes, Food Blog.



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Stuffed Capsicum or Stuffed Bell Pepper food recipe is known by different names and loved eating by whole world. Different colors and varieties of Bell Pepper/Capsicum grown and available in market-Shimla Mirch, [Chocolate Beauty Pepper](#), [California Wonder Pepper](#) etc. It is easy to cook, sufficiently flavorful and tasty to eat. It can be filled by cottage cheese, onions, tomatoes, potatoes or mix of any veggies you love it. It just takes 20-25 min to cook this simple and mouth-watering recipe. Love to serve in parties and is consumed in daily meals as well.

In [HealthyIndianBites](#) food blogs, we love to celebrate cooking and share it with all. We cooked green bell peppers known as Shimla Mirchi in simplest manner or Stuffed Capsicum. It is Stuffed with mix vegetables: Potatoes, Tomatoes, Green peas, Shredded Cabbage, and Carrot mix. It is less oil recipe. We steamed it, to avail best nutriments present in it. We put our best efforts that we not only share recipes but spread love through our cooking. Feel free to share your ideas, suggestions and be part of us. Look forward for your comments and suggestions. For live demo on cooking, please refer our cooking channel on [Social Media](#).

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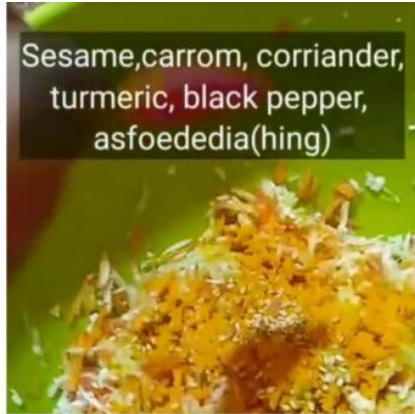
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Different Types Of Capsicum

- [Green Peppers](#) are great sources of Vitamin A, Potassium, Folate and Vitamin E. They contain lesser amounts of Vitamin C.
- [Yellow Peppers](#) have half of Vitamin A and double amount of Vitamin C. They contain good amount of Folate, Vitamin E, K and B6.
- [Orange peppers](#) has a ratio of Vitamin C more than Green Peppers but lesser than yellow peppers.
- [Red Peppers](#) are excellent source of Vitamin A and Vitamin C.
- [Black pepper](#) is smaller and darker in color. Good source of Dietary fiber, Vitamin C and Vitamin B6. Moderate amounts of Vitamin B1, B2, B3, B5, B9.
- And many more on the list. But these are few well known ones. Healthy to eat and yummy to taste.

* * *

Best Cooking Method Of Stuffed Capsicum



Cooking Ingredients:

- 3-4 whole Bell Pepper/Capsicum.
- 250 gm finely shredded mix of tomatoes, potatoes, cabbage and bottle gourd.
- 1 teaspoon salt.
- 2 green chilies chopped.

- 1 teaspoon crushed pepper.
- 1 teaspoon sesame.
- 1 teaspoon turmeric powder.
- 2 spoon cooking oil.
- Pinch of asafetida.
- 1 teaspoon coriander powder.
- 1 teaspoon amchur powder.
- 1 teaspoon mustard.
- 1 teaspoon carrom seeds.

Steaming Cooking Method:

1. Mix boiled shredded Tomatoes, Cabbage and Bottle gourd in a bowl.
2. Bind veggies with 250 gm boiled Potatoes.
3. Add 1 spoon cooking oil to it.
4. Mix 1 spoon Sesame, Turmeric Powder, Asafetida, Coriander Powder, Amchur Powder, Carrom seeds to it.
5. Add 2 chopped green chili to it.
6. Add 1 spoon crushed pepper to it.
7. Mix well. Remove tops of bell pepper. Fill it with stuffing and close it.
8. Add 1 spoon cooking oil. Add mustard to it. Cook on low flame. Add Bell pepper to it. Cover with lid. Cook for 2-3 min. Give a toss.
9. Serve hot to 2-3 people with roti or chapatti.

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Health Benefits Of Eating Stuffed Capsicum

1. Capsicum tastes yummy. And it is good source of Vitamin C, a powerful antioxidant.
2. It helps healing various disease like diabetes, cholesterol, high blood pressure and obesity.
3. It helps healing nerve related pain and conditions.

4. Also helps dealing with issues like arthritis.
5. It also helps healing [menopausal symptom](#) and gives immunity.

* * *



STEAMED CAPSICUM
RECIPE AVAILABLE ON
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Party

THANK YOU.



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Eat Right, Live Right.

* * *

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